Arugula turns yellow and grows poorly mostly due to heat stress, wrong watering, or lack of food. It is a cool-weather plant that struggles and bolts when temperatures go past 75°F, causing leaves to turn pale or yellow, and taste bitter. YouTube · The Cottage Li… +2

Main Causes of Yellow and Stunted Arugula

- **Heat Stress & Bolting:** High temperatures make the plant stop growing leaves and try to make flowers instead.
- **Overwatering:** Too much water drowns the roots, blocks air, and causes root rot which turns leaves yellow.
- **Nutrient Shortage:** Low nitrogen or potassium in the soil stops healthy green growth.
- **Pests and Fungal Diseases:** Bugs like aphids or diseases like downy mildew create yellow spots and weak plants. YouTube · Learn Organic … +5